



Herb-Balsamic Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



10 kcal

SAUCE

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 teaspoons rosemary dried
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons rubbed sage
- ☐ 0.5 teaspoon salt

Equipment

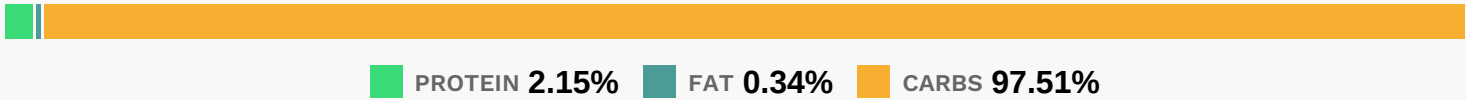
- ☐ bowl

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine all ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer 3 minutes, stirring constantly. Strain mixture through a sieve into a bowl; discard solids.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:0.13347825966775%

Nutrients (% of daily need)

Calories: 10.05kcal (0.5%), Fat: Og (0.01%), Saturated Fat: Og (0.01%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.92g (2.13%), Cholesterol: Omg (0%), Sodium: 38.39mg (1.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%)